

## **Strengths Based Leadership and Development for Your Practice**

Jessica Prater, J. Prater Consulting

### **Why should I care about strengths?**

Research done by Gallup has found that even when using conservative measures profit was increased by nearly 15% and safety incidents reduced by 22%. These metrics may not be a major motivation for you but profit and safety records are two major ways the corporate world “keeps score”. Understanding you strengths is strongly correlated with positive business outcomes for your practice and, as the result, the ability to treat patients more effectively.

I often use the terms “strengths” and “personality” interchangeably. Personality assessments are an excellent way to get your journey started. They will help you better understand the patterns that make YOU who you are. Whereas much of the research previously focused on personality as a whole, new research shows that knowing and focusing on your strengths (and their potential “dark sides”) is most beneficial to your personal development.

### **Top Recommended Assessments**

Kirton Adaption-Innovation Inventory

Clifton StrengthsFinder

DiSC

.....

### *Guided Debrief After Viewing*

What do you feel are your 3 biggest strengths?

---

---

---

How are you using your strengths with your practice or job?

---

---

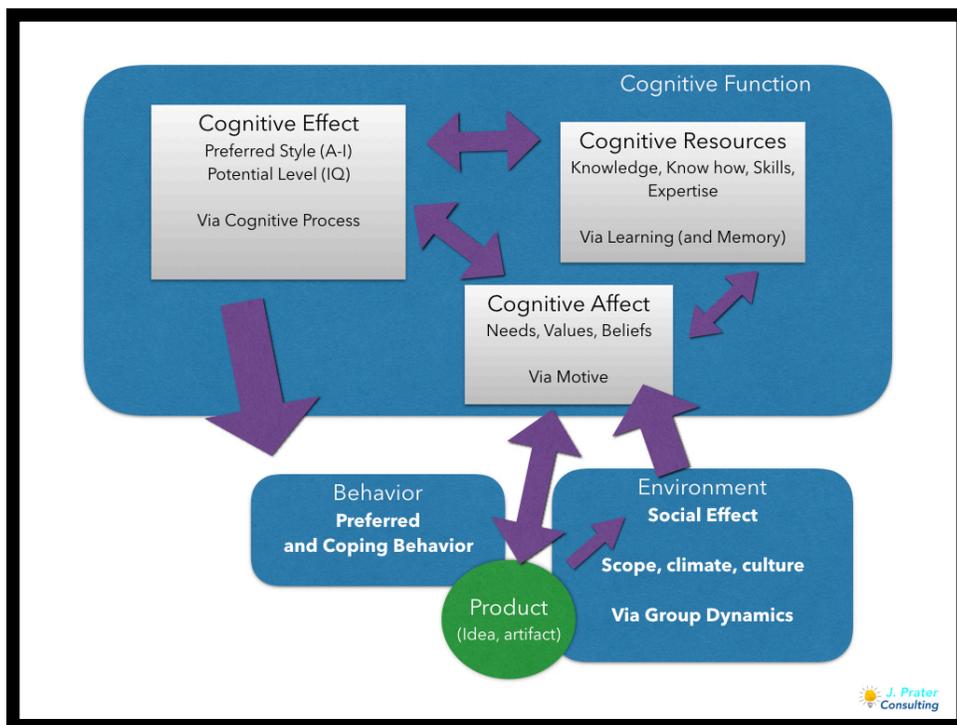
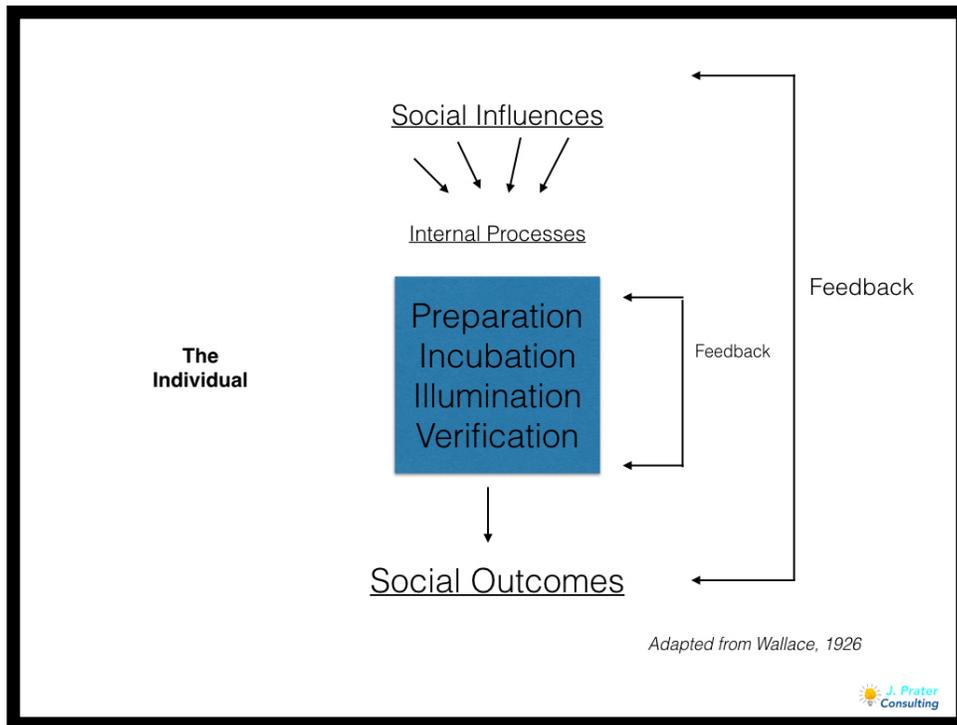
---

---

What is the one idea you took away from Ili & Jessica’s conversation?

---





Adapted from *Adaption-Innovation: In the Context of Diversity and Change* by Michael J Kirton (2009)

Check out page 3 for a special offer



## **Want to know more about Strengths Based Leadership or how you can use your strengths to grow your career and practice?**

*Reach Out!*

[jessica@jpraterconsulting.com](mailto:jessica@jpraterconsulting.com)

<https://www.jpraterconsulting.com>

### *Special Offer for The Refreshed Therapist Network*

For a limited time, I'm offering free phone consultations to members of the Refreshed Therapist Network. If you'd like to see how this material applies to you and make it more personal, this phone call is for you!

I'm only making 5 spots available, so book your session now. You can find more information here: <https://www.jpraterconsulting.com/the-refreshed-therapist-network>

